VALUE OF OLIVE OIL

It Is Good Either Taken Internally or Used Externally.

Various forms and kinds of oils form a large stone in the foundation of beauty culture. Only the thoughtful observer realizes their importance and that they were indispensable to the belies of old time-to the Greeks and Romans and eastern beauties of an-

Olive oil was the most luxurious, as well as the most common. It was taken internally and externally; they rub-bed with it, bathed in it, drank it and used it in a hundred mays. Olive oil is still olive oil, though not so many people recognize its value except as an ingredient of salad dressing.

It is excellent for the digestion and may be taken in doses of from one to nine or more teaspoonfuls a day. Some people find it is distasteful taken clear. In that case it may be disguised in wine or lemonade or some pleasant drink, which of itself should agree with the individual's system.

Olive oil is a good flesh builder. If rubbed into the skin, it not only accomplishes this with faithful applications, but makes the skin soft and velvety. Being a vegetable oil, it has absolutely no tendency to sthinulate a growth of

Olive off is used to a hundred other ways, but the sum of its virtues lies simply in this-it is gentle in its action, soothing, nourishing and strengthening,

#### THE ALFALFA PLANT.

It Was Cultivated in Asia Long Before the Christian Era.

Alfalfa is a pative of southwestern Asia and five centuries prior to the Christian era had been carried to and cultivated in southern Europe. The Romans used and appreciated it as a feed for their chariot and war horses before the birth of Christ From Italy, in which country its growth has been maintained continuously to the

The Spaniards during the Spanish inluced into this country through Caliornia by the Chileans. Since then it has gradually spread eastward until today there is probably not a state or territory in the Union in which this oldest of cultivated forage plants is not grown to some extent. Where this plant has come to us from Spain, dialfalfa, while if brought from other countries of Europe (and it is in isolated instances here and there) it is generally called lucerne, from a valley in Switzerland by the same name in which it grows well and in large quantitles.—St. Louis Republic.

The following are some of the curious titles of old English books: "A Most Delectable Sweet Perfumed Nosegay For God's Saints to Smell At." scuit Baked In the Oven of Charity, Carefully Conserved For the Chickens of the Church, the Sparrows of the

Spirit and the Sweet Swallows of Sal-"A Sigh of Sorrow For the Sinners Wall of an Earthly Vessel Known Among Men by the Name of Samuel Fish" (a Quaker who had been impris-

of Charity Layed For the Chickens of the Covenant and Boiled With the Water of Divine Love. Take

the Soul Sneeze With Devotion.' Most of these were published in the time of Cromwell.

Lawyers at Westminster. Of the professions and trades reprented in the house of commons the holds first place, but in early days no class of men gave greater trouble than the lawyers, and many ra the attempts made to keep them f the house. James I., when the nent of 1624-25 was to be chosen electors "not to choose curious nd wrangling lawyers, who may seek reputation by stirring needless ques nsel in the past and present has, however, done little to stem the tide of lawyers which flows at each election into the house.-Strand Magazine.

refinement rather than fashion, to be worthy, not respectable, and wealthy, not rich; to study hard, think quickly, talk gently, act frankly; to listen to stars, babes and sages with open heart; to bear all cheerfully, do all bravely, await occasions, hurry never heavely, await occasions, hurry never No. 59-a.—Admit worthy, not respectable, and wealthy -in a word to let the spiritual, unbidden and unconscious grow up through the common.—William Henry

Those Good Old Days. "Dear, I wish you would lay down your novel and come and button my

"Dear me, I never saw such a help-less man! Pd like to know how you buttoned your shirts before you were

"My shirts had buttons on them to

that all the work you carry

### Millions Spent to Make Clean Beer

That of An American Brewery. From His Own CORRECT Examinations. We regard beer as a food and the pusiness of brewing beer one of our nest important industries. When we ell our readers that without exception sterilized pipes it goes to sterilized hermetically sealed storage tanks and when bottled it is pasteurized. Throughout the entire process it never is touched by human hands and comes

son for the "always the same, always the best" reputation of Pabst Beer.
The cleanest beer and the richest beer, Pabst Beer has no equal as a mild, healthful beverage. It is brewed only from Pabst eight-day malt, choicest hops and pure water. Pabst eight-day malt, the perfect malt, contains all the food qualities of the finest barley in predigested form. It is this sive process of brewing and thoroughly aging the beer, that gives Pabst beer its rich, mellow flavor. Its refreshing zest.

Commissioner Garrison's Report The report of Winton C. Garrison chief of the bureau of statistics, for the year ending October 31, 1906, has just been received from the printers. The volume is the twenty-ninth of the series of annual reports on the subject of the industrial interests of the State that has been lesued by the office since it was established in 1878. The book contains approximately 550 pages of matter relating to a number of well selected subjects of general interest. Besides the invasion carried it into South America troductory chapter, which is a resume and Mexico. During the middle of of the year's work of the bureau, the the nineteenth century it was intro- volume, which is divided into four parts, contains more or less extended chapters on the following subjects: "The Statistics of Manufactures" of New Jersey for the year ending December 31, 1905; Statistics of Employment and Wages on Steam Railroads which Pass Through New Jersey;" "Statisties of the Fruit rectly or indirectly, it is known as and Vegetable Canning Ludustry;" "The Cost of Living in New Jesrey :" a study of the "Diseases and Disease Tendencies of the Tanning Industry" and a study of the "Apprenticeship Begulations of the Trades Unione." The volume closes with a chapter under the title of "Industrial Chronology," in which the ocurrences of the year relating to or directly affecting the interests of labor or industry in New Jersey are set forth in chronological order under their

> roper county beadings. For Over Skaty Years

Mrs. Winslow's Soothing Syrap has of mothers for their children watte of Zion Breathed Out of a Hole In the teething, with perfect success. It soothes the child, softens the gums, allays all pa'n; cures wind colle, and is the best remedy for Diarrhosa. It will relieve the poor little sufferer immedlately. Sold by Drugeists in every part of the world. Twenty-ave cents a bottle. Be sure and ask for "Mrs. Wins-"The Spiritual Mustard Pot to Make low's Soothing Syrup," and take no other kind .- Advt.

Carpet Cleaning.

Now is the time to clean carpets. If you want your carpets taken up, cleaned and relaid, send word to D. Douglass, No. 9 Park street, Montelair. Mr. Douglass has had years of experience in carpet cleaning, and has a large patronage in this town, Glen Ridge and Montelair. Phose intending to move can have their carpets taken up, cleaned and relate on short notice. The work will be well and promptly done.—Advt.

Via Lackawanna Baliroad to all -Win ter resorts in California, Colorado, Texas, Arizona, Mexico, Fiorida, etc. etc. Through train service to Chicago and St. Louis. Only one change of ears to California and Pacific Coast points The ideal Life

To live content with small means, to seek elegance rather than luxury and field, D. P. A., No. 749 Broad street,

NOTICE.

The following petition has been received be the Town Council of the Town of Bloomfield: the Town Council of the Town of Bloomfield:
TO THE TOWN COUNCIL OF BLOOMFIELD, IN THE
COUNTY OF ESSEX:
GENTLEMEN: We, the subscribers, by this
our petition respectfully set forth: That we
desire the Town Council to grade Carteret
street; that some of the undersigned contemplate building houses on their properties
which front on said Carteret street, and therefore are not only desirous that said street be
graded but also that they may ascertain what
the official grade of the street will be; that we
are the owners of one sixth of the lands fronting on said Carteret street, which is hereby requested to be improved

Dated November 14, 1906.

JAMES E. HAMPSON.

Notice is hereby given that the Town Conneil all most on Monday evening, January 7th, 607, at 8 o'clock, in the Council chamber in the Sloomfield National Bank Building, Bloomfield, Essex County, New Jersey, to consider this evices that may be presented in write

WM, L. JOHNSON,

By order of the Town Council,

Correct

Does Your Head Ache?

Chances are your eyes ar the cause.

If so, correct glasses relieve the strain. Then headaches will disappear. Come to me and let me see

utes what is wrong. If glasses are not needed, 'll say so—glatlly. If they are, I'll make correct

ones—cheaply

can tell you in a few min-

Best Eyeglasses-Nickel, \$2 to \$6; Gold Filled, \$3.50 to \$8; Solid Gold, \$5 to \$10, including two examinstione. Simple cases coal the least-complicated ones the

West Park Street, Newark 55 Steps from Broad.

## F. O'Neil.

All interfering, overr shing, and lame horses shod in the most scientific manner and on approved principles. Perfect satisfaction guaranteed. Borses called for and brought

426 Bloomfield Ave., hear Orange St.

#### MR. A. RUSS PATTERSON, Organist and Pianist Bloomfield Class now being Organized.

Communications received at Westminster Church or Studio: Edgemere, No.3 West 104th St. New York.

Miss Cornelia D. Milner

Planes shipped direct from factory. Lowest prices and easiest terms. Resident agent for the Oldest Plano Houses in New York City. Old Instruments taken in exchange, rented and sold on time payments. 259 Walnut St., Bloomfield N. J

Bloomfield, New Jersey.

MISS ANNIE VAN TASSEL,

NSTRUCTOR OF PIANO FORT Season Begins September 18 For terms, etc., apply at] 91 LINDEN AVENUE,

MISS VAN ORDEN, Milliner. Feather Carling, Trimming, 50 cents.

BLOOMFIELD, N. J.

Making, \$1.00 128 MONTGOMERY STREET, also found. BLOOMFIELD, M. J.

GLEN RIDGE KINDERGARTEN MISSEUGENIAICLAY,

14 Winsor Place. Light siry rooms and every facility for making the children happy and advancing their interests.

TELEPHONE 969-R. DR. FRED'K C. ARTOPOEUS Veterinary Physician and Surgeon.

68 SPRUCE STREET., Bloomfield, N. Lameness of Horses and Canine Diseases a Specialty.

ENTATE OF JANE BONEY, I tion their claims and demands against estate of said deceased, within nine mon from this date, or they will be forever baratroin prosecuting or recovering the said gainst the subscriber. CHARLES A. KEYLER, BLUEBEARD.

Two Different Stories as to Who Was

the Original.

Like many of the other heroes of the nursery tales, Bluebeard once lived in the flesh and blood, if the old chronicler Holinshed, from whom Shakespeare got so much of his material, is to be believed. According to that writer, the original Bluebeard was Giles de Retz or de Raiz, marquis of Laval, who became marshal of France in 1429. He is described as an implous and debauched man, a devotee of the black art, who enticed young men and women to his castle and killed them in order to obtain innocent blood for his magical enchantments and who also murdered six or seven of his wives. His crimes were discovered, and he

was burned at the stake in 1440 at According to an old French legend, however, the original Bluebeard lived in Britanny in the sixth century and was known as Count Conomer. After seven of his wives had disappeared he became enamored of Triphyna, the daughter of Count Guereck of Vannes. The wedding was celebrated at Vannes. and Conomer took his bride home.

Before a year had passed Triphyna noticed a change in her husband's manner, and, fearing the same fate that had met her predecessors, she fled from the castle, but was overtaken by Conomer, who struck off her head with a single blow. St. Gildas, by whom the unfortunate wife had been educated, happened to pass the spot soon after, and, seeing the body, he tenderly replaced the head and by prayer restored Triphyna to life. The story does not relate the end of Conomer.

PHYSICAL EXERCISE

Effect of Boxing on the Mental and

Boxing is an exercise which is not only of the most marked benefit in a purely physical way, but it is of the utmost value as a means of training mental and moral faculties. One of the most unfortunate whimsicalities of our very whimsical day is the prejudice against boxing as a sport and exercise. There is no sport in which there is provided such splendid exercise for body and mind and spirit as

The physical influence of boxing is superb. Every muscle and organ is brought into active use. So far as mentality is concerned, the perception, imagination, judgment, discretion, self all brought into active and rapid use: The boxer who fails in perceiving his opponent's intention who misses in judging the power or reach of his blow, who is lacking in self confidence, will power or aggressiveness, who fails for one moment to remember all the weak points of the man against whom he is working that boxer is likely to fail, to lose what we all value—that is, reputation, public confidence and fucome. Among the many sports and games which are of value in training the mind I place boxing as by all means the most valuable.-W. R. C. Latson, M. D., in Outing Magazine.

An Extraordinary Migration. One of the greatest mysteries to scientists, one for which there seems to be no reasonable explanation, is that concerning the migration of the lemming, or Norway rat. Instead of taking place once a year, these migrations occur only once in eleven years. When the time comes for the exodus the little animals journey westward from Scandinavia, allowing nothing to stop their movements, which virtually, amount to a headlong flight. They swim the lakes and rivers and climb the highest mountains in incalculable numbers, devastating the whole country through which they travel. Naturalists attribute the movement to some inherited memory of a flight to escape an expected cataclysm, but this seems somewhat far fetched.

A completely equipped Roman mint was discovered in a cave in the neighborhood of Kayosovar, Hungary. Besides crucibles, which still contained bronze, there were three dies for the production of gold coins, dies of silver, bronze and iron ore and 300 coins. The investigation made showed that the workshop dated from the first century of the Christian era. A number of neatly worked earrings, bracele's and other objects of bronze, as well as tools, such as hammers and tongs, were

The Yankee In German Eyes. The Yankees are a joyous people They are before everything optimists. Why should they not be? They dwell in a spacious land full of the treasures of the earth. They are not overladen with knowledge, but learn for practice, and during the greater part of the year a blue heaven stretches over them. For all those reasons the Yankees may well laugh. The Americans are, moreover, born humorists.—Berlin Woche.

Her Cost. Young Jobson is f an exceedingly statistical turn of mind. To got man ried intely, and a to railway station he had his wife we had then he took out a little hand book and made some calculations, muttering: Wedding expenses. —; railway expenses. —; d vide by —. I say my dear, you have cost me exactly fourpence hal/penny a yound "-London Tit-Bits.

Not That Strap. "Why dun't you get up and give that seat to your father, Bobby? repriyou to see him reaching for a strap?" "Not on a tmin," chuckled Bobby-Philadelphia Inquirer.

No More Cold Rooms If you only knew how much comfort

> its operation, you would not be without You can quickly make warm and cozy any cold room or hallway-no matter in what part of the house. You can heat water, and do many other things with the

Oil Heater-how simple and economic

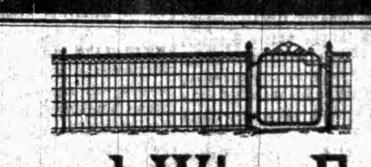
### PERFECTION Oil Heater

(Equipped with Smokeless Device) Turn the wick as high or low as you can—there's no danger. Carry heater from room to room. All parts easily cleaned. Gives ntense heat without smoke or smell because equipped with smoke-

Made in two finishes—nickel and japan. Brass oil fount beautifully embossed. Holds 4 quarts of oil and burns 9 hours. Every heater warranted. If you cannot get heater or information from your dealer, write to nearest agency for descriptive circular.

its bright and steady light, simple construction and absolute safety.

Equipped with latest improved burner. Made of brass throughout and nickel plated. An ornament to any room whether library, dining-room, parlor or bedroom. Every lamp warranted. Write to nearest agency if not at your dealer's. STANDARD OIL COMPANY



# Iron and Wire Fences.

ENTRANCE GATES, IRON RAILINGS.

We make and erect wire fences of all kinds for lawns, gardens, confidence, aggressiveness and will are stock paddocks, poultry runs, etc. Tennis Court back stops a specialty; also iron railings and entrance gates. Tree guards, clothes posts, hitching posts, lawn guards, etc.

ESTIMATES FOR WORK SET COMPLETE. THE NEW JERSEY FENCE CO., H.C. FARRAND, Manager. 130 Franklin Street, Bloomfield, N. J.



# Ninth Semi-Annual Sale MEN'S

7200 pairs this time—the largest and best lot ever placed on sale in our men's annex. A better assortment of sizes and a broader collection of leathers than lever before, while the injuries, we think, are more trivial than at any time within our recollection. Regular 5.50 to 7.00 goods, all at one uniform price, 2.75

Mail Orders Promptly and Carefully Filled. Goods Delivered Free.

L. BAMBERGER & CO., Newark, N. J.

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There Burges forgott tunin deed, Then al most winds

**Chieffs** will thought